

Grilled Chicken Skewers with Sweet Chili Peach Glaze



Sirve:

6 - 8 servings as an appetizer; 4 servings as a main course

Pieza:

1 Qt./9 L Sauce Pan with Cover

Smokeless Broiler

medium mixing bowl

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Looking for an easy to prepare appetizer or light entrée for warm weather entertaining? The Saladmaster Sweet Chili Citrus seasoning blend is a convenient and flavorful dry spice rub to season meat for grilling. Serve with a sweet and gingery dipping sauce.

Saladmaster seasoning blends are *limited edition*.

1 pound
boneless chicken breast, trimmed and cut into 1-inch cubes
(454 g)
bamboo or metal grill skewers
½ teaspoon
sea salt
(3 g)
1 tablespoon
Sweet Chili Citrus seasoning blend
(9 g)
½ cup
peach jam, no sugar added

(160
g)
2 tablespoons
tamari or coconut aminos
(30
ml)
1 tablespoon
rice wine vinegar or fresh lime juice
(15
ml)
2 cloves garlic, shredded, use Cone #1
1 teaspoon
fresh ginger, shredded, use Cone #1
(4
g)
2 tablespoons
water
(30
ml)
1 bunch
scallions, trim off root end

Preparación :

1. Place trimmed chicken cubes into a bowl with salt and seasoning blend.
2. Assemble seasoned chicken cubes onto skewers, making sure to leave room in-between pieces of chicken so they cook evenly.
3. Pour 1 quart water into bottom of broiler pan or until it reaches the marks stamped inside. Place grill rack onto broiler pan.
4. Plug in cord to electrical outlet and preheat for about 5 minutes.
5. Add peach jam, tamari, rice vinegar, garlic, ginger and water to sauce pan. Turn heat to medium and cook for 3 - 4 minutes, until ingredients are combined and jam is liquefied. Remove sauce from heat and keep warm.
6. Place prepared skewers onto preheated grill rack and cook for 10 - 15 minutes. Turn skewers over and cook for an additional 10 - 15 minutes until chicken is cooked through.
7. Place trimmed scallions on grill rack and cook for 4 - 6 minutes until browned and softened.
8. Serve skewers warm with grilled scallions and warm dipping sauce.

Consejos:

- Substitute dry apricot for chopped fresh mango or apple.
- Serve chicken salad on top of your favorite salad greens.

Información nutricional por ración

Calorías: 132
Grasa Total: 2g
Grasa 0g
Saturada:
Colesterol: 41mg
Sodio: 400mg
Carbohidratos: 17g
Fibra 1g
Dietética:
Azúcar: 14g
Proteína: 14g